Mind, Body, and Spiritual
Health Awareness Workshops
Saturday, August 31, 2002

Schedule Subject To Change

NAME OF WORKSHOP	PRESENTER	TIME	LOCATION
Mini massages	Stephanie Lee	All Day	
Vegetarian basics		10:00AM - 11:00AM	
Aromatherapy:	Jamela Franklin	11:00PM-12:30PM	
a natural approach to menopause, PMS, and other health issues of women			
Interactive Chinese Medicine Workshop	Patricia Keenan and Connie Phillips	4:00-5:00pm	
Introducing and demonstrating Chinese Medicine focusing on Acupuncture, Chinese Herbs, and Lifestyle Change. Flower Essences and other useful self-help tools.			
Zen Qi Gong Demonstration	Connie Phillips and Patricia Keenan	3:15PM - 4:00PM	

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Time	Workshop	Presenter
All day	Mini massages	Stephanie Lee
~~10:00 – 11:00 AM~~	~~Vegetarian basics~~	
11:00 – 12:30 PM	Aromatherapy: a natural approach to menopause, PMS, and other health issues of women	Jamela Franklin
12:30 – 2:00 PM	LUNCH	
2:00 – 3:00 PM	Zen Qi Gong demo	Patricia Keenan and Connie Phillips
3:00 – 4:00 PM	Interactive Chinese Medicine workshop, introducing and demonstrating Chinese Medicine focusing on acupuncture, Chinese herbs, lifestyle change, flower essences and other useful self-help tools	Connie Phillips and Patricia Keenan

Biosketches of Holistic Practitioners

Jamela Franklin, Ed.M., M.A. is an Aromatherapist, Psychotherapist, Reiki Master, and Teacher among other professions. She is the founder and CEO of **Oyinde Enterprises**, a multi-faceted company that is devoted to Holistic Health Care. Oyinde Enterprises specializes in spiritual energy medicine. Ms. Franklin has written and lectured extensively; her soon to be released book, "I am not Crazy, Just Menopausal" provides a humorous and spiritual release for women who are in the process of self-discovery.

Patricia Keenan, O.M.D., Dipl. Ac., Dipl. C. H. is a Doctor of Chinese Medicine, Diplomate in Acupuncture and Chinese Herbology and has been a Licensed Acupuncturist in the state of California where she developed and directed community health clinics providing general medicine. Specialty areas include treatment of illnesses related to HIV/AIDS, substance abuse/recovery, and pediatrics. She has done advance studies in both the U.S. and China.

Stephanie Lee, B.S. is a microbiologist by training. She will complete her training as a massage therapist from the Atlanta School of Massage in early 2003, which includes integrated therapeutic massage such as deep tissue, Swedish, Shiatsu, and neuromuscular and some reflexology.

Contance R. Phillips, M.S., Ph.D. has been a licensed Marriage, Family, and Child Therapist for 17 years and holds a Ph.D. in Clinical Psychology specializing in Health Behavior. She has been committed to providing and directing mental health services and research projects to assist lesbian and gay people, and people living with chronic and terminal illnesses. Her focus has been on helping clients develop healthy ways of coping with life stress and thereby avoiding both mental and physical illness. She specializes in developing tools and lifestyle to optimize physical, mental, spiritual, and community health.

Holistic Awareness Survey

Please check your answer

1- Do you believe holistic/alternative treatments, such as the use of herbs, vitamins/supplements, chiropractor treatment, massage therapy, nutrition can benefit your health?

Yes___ No____

2- Are you currently taking vitamins or herbal supplements?

Yes___ No____

3- Where do you go to learn about holistic/alternative treatments?
(Check all that apply)

Doctor___
Holistic practitioner___
Workshops___
Health food store____
Friend___
Books/magazines____
Internet___
Television___
Radio___

4- Are you currently under the care of a physician or health care provider?

Yes__ No___

5- What do you do on a regular basis to take care of your health?
(Check all that apply)

Exercise regularly___
Eat a balanced diet (lots of fresh vegetables and fruit) ___
Prayer/Meditation___
Yoga___
Tai chi___
Other (explain)_____

Thank you.

ITLA Presents

Mind, Boby & Spiritual Health Awareness Workshops

10 – 4 PM in the Georgia Ballroom
Learn about:

Aroma Therapy

To relieve symptoms of PMS & Menopause

Massage

To Increase Energy

Acupuncture

Qi Gong

Exercise for Inner Strength

Chinese Herbs

For Healing

Benefits of Vegetarian Eating

Flower Essences

Free **Free** **Free**

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Learn about:

Free Free Free